



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

Tues - Fri: 10am to 4pm
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

Blue Knob Gallery turns 10



celebrate the ongoing project that is Blue Knob Hall Gallery & Café.

The exhibition will run until Sunday 30th November.

Next Artists and Friends Lunch

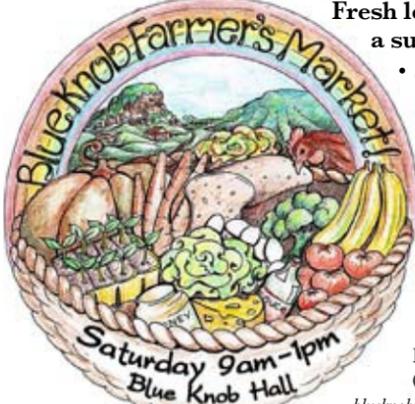
The next lunch will be held on Thursday 30th October at 12.30pm. Cost is \$15 per person and includes set vegetarian mains with a choice of desserts. We hope you can come along. Please contact the Gallery on 6689-7449 if you're planning to be there.

Food Lovers Sunday

This popular Sunday event continues every week with the following guest cooks/chefs in October:

- Sunday 5th - Ethiopian Exotica with Dosa Queen Shabari Bird
- Sunday 12th - Thai Cuisine with Hussein el Weshahy.
- Sunday 19th - Zehra will be cooking Turkish
- Sunday 26th - Jen & Paul Harkness will put on a vegetarian Indian Feast

For more information and bookings please phone Blue Knob Hall Gallery on 6689-7449.



Fresh local produce for a sustainable future

- Self-sufficiency workshops
- Community Grain Mill
- Local & visiting musicians

Corner of Blue Knob & Lillian Rock Roads
Only 8km North of Nimbin

Enquiries contact Peter 0403-408-087 or email: blueknobfarmersmarket@gmail.com

Blue Knob Farmers Market!
Saturday 9am-1pm
Blue Knob Hall

Blue Knob Hall Gallery & Café is celebrating its 10th birthday with an exhibition titled 'From little things...'
This iconic rural hall (and school next door) was built by the early farming community at Blue Knob in the 1930's. It was much loved and used by all the community and this has continued until today with another generation transforming it into a thriving hub for artists, a Café, the Blue Knob Farmers Market, and all supported by the community surrounding Blue Knob, Nimbin and much further afield.

After several years of work, the doors were opened in 2004 and over the last 10 years through incredible volunteer support, donations and grants, the Moore Workshop Space, a Solar Farm, and a verandah roof were completed. The verandah provided covered space for the now well-established Blue Knob Farmers Market, and the new café verandah extension was completed recently. The ceramic/artist studio project is hoped to be completed by early to mid 2015.

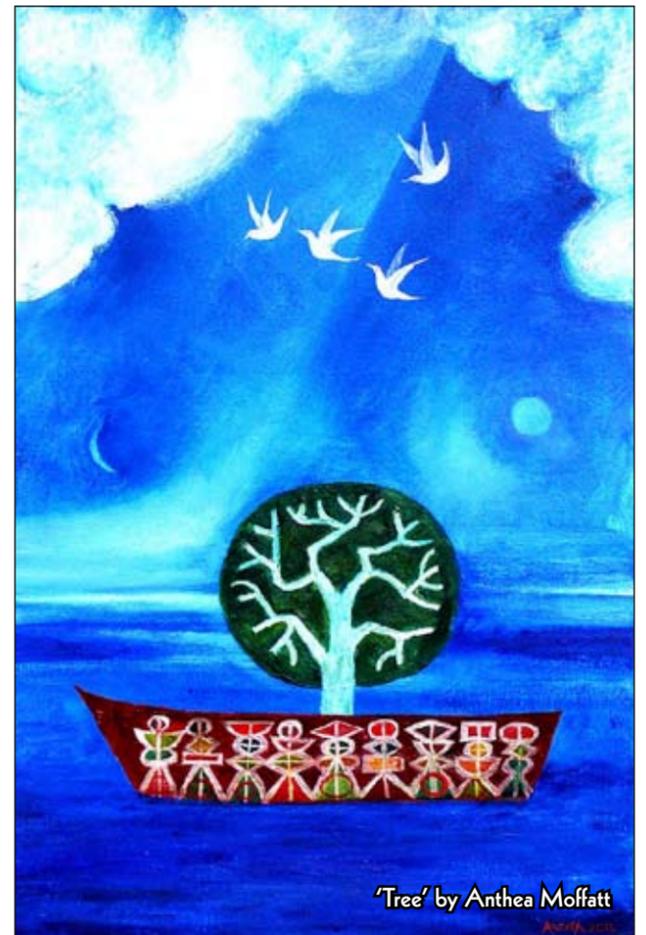
There have been a variety of workshops held over the years in the Moore workshop Space including the Blue Knob Farmers Market talks on Saturday mornings. Their committee and stall holders have supported this creative/community project with their fundraising events, and assisting with general upkeep and improvement of the grounds. They have added another layer to this rich and vibrant space.

The most heartfelt thanks and appreciation goes out to all those past and present that have volunteered, supported, and helped make this wonderful old hall become what it has today.

It is a celebration of community, and how vital all the arts are to the wellbeing of a community and its people.

Blue Knob Hall Gallery has invited the members of the Roxy Gallery, Kyogle and Serpentine Gallery, Lismore to celebrate with us in this annual combined show.

Opening night is Friday 3rd October at 6.30pm with Mayor Jenny Dowell as our guest to open this exhibition and



'Tree' by Anthea Moffatt

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A TASTE OF ART

www.blueknobgallery.com



blueknob hall gallery

Open Thursday to Sunday 10am - 4pm
719 Blue Knob Road, Lillian Rock Ph: 6689 7449
GALLERY • CAFE



NextMarket
12th October
8.30am - 4pm

Band of the Day:
Broadfoot

Busker Stage: Kobya

Charity of the Day:
Dunoon Preschool

"Make It, Bake It, Grow It"

Enquiries: 6688-6433



The Contented Tummy

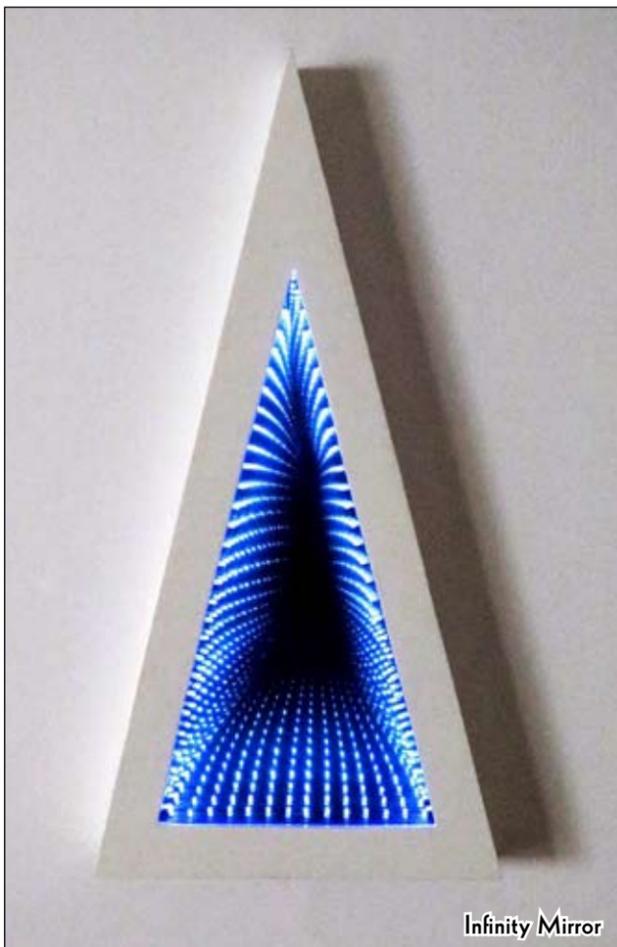
THE NAME SAYS IT ALL

"If you don't eat here, you'll miss the best food in Nimbin"

Your hosts
Carolyne and Garry

Shop 2, 54 Cullen Street

After the Disco



Infinity Mirror



After The Disco is an exhibition of recent work by Jamie Mumford that collages glamorous elements from popular culture of the 1970s.

Inspired by glam rock, disco and fashion photography, her artworks reflect a personal obsession with looking back upon this period.

Being born after this era, she looks at the past via video clips and images on the internet.

Through reinterpretation of these images the artist aims to bring the most fantastic elements of the 70s to life once again. Using visually alluring materials such as mirror, shiny fabrics and lights, she creates playful and visually seductive installations, light sculptures, costumes, photographs and video works.

Jamie Mumford is an emerging artist who recently completed her Honours year of a Bachelor of Fine Art at Queensland College of Art, Brisbane. Her artworks have been exhibited locally in solo and group exhibitions at The Hold Artspace, as well as other group exhibitions at Anna Zammit Projects at Ryan Renshaw Gallery, QCA Project Gallery, POP Gallery and The Wandering Room. She has exhibited internationally at Our House Gallery, London, in 2012 as part of Daily/Weekly, an exchange between Camberwell College of the Arts, London, and Queensland College of Art.

The exhibition runs at Serpentine Gallery until 20th October.

Nimbin's Spring Arts Exhibition



Franco Girardi



Kerry Negus



Paris & Darmin

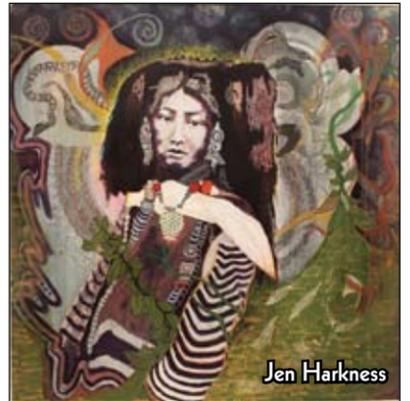


Artists Nicole Raward and Kerry Negus with their work

The Spring Arts Exhibition, presented by the Nimbin School of Arts, closes on the public holiday of Monday 6th October. Catch it if you can.



Bernard Rooney



Jen Harkness

NIMBIN ARTISTS GALLERY



Ross Pentreath

by Pauline Ahern

From the gallery door and windows there is a clear view of the safety fence and the empty space where the shops, museum and the Rainbow Café once stood. Loved and missed by all.

The spontaneous sprouting of 'fence art' from our local kids, acknowledging the loss of these iconic town institutions, but also looking to the future of new beginnings, is very heartening.

Talking of kids, in late

November the foyer of the gallery will be utilised as a showcase for selected Nimbin Central School artists. Last year this proved to be very popular and generated lots of discussion.

The Artists Gallery welcomes Ross Pentreath from Lillian Rock. Using eco solvent inks on washable cotton polyester, Ross has stretched the boundaries of our vision.

The gallery currently has



art by 44 local and one guest artist, pretty good for a local volunteer run gallery. We manage to keep our collective head above water and meet our financial commitments, thanks to all of you who support the gallery by buying local art.

The gallery's next hanging of new work will be on Tuesday 7th October. We are always open to looking at potential new artists submitting new work.

2 days... 2 shows... 2 wins



by Robert Fisher

Two standout art exhibitions were held in Victoria in September.

The Sir Gustav Nossal Fine Art Awards was held on the Monash University campus as part of the South Eastern Arts Festival, and the Wildlife Art Society of Australia celebrated its 40th anniversary with The Wild Awards.

Master Scratchboard Artist Rikki Fisher entered two different pieces in each exhibition. She travelled almost 2,000kms from northern NSW to attend each opening, just two days apart.

Rikki was thrilled to receive 1st Prize in the Scratchboard section of the Sir Gustav Nossal Fine Art Awards.



Two days later, Rikki was awarded 2nd Prize at the Wildlife Art Society of Australia's Wild Awards.

Rikki said it was wonderful to receive her prizes in the presence of so many other accomplished artists. More of Rikki's work can be seen on her website: www.rikki-fisher.com

In January 2015 Rikki will tutor a 10-day intensive scratchboard workshop at the 47th USQ McGregor Summer School. 'The Art of Scratchboard' workshop will be held from 7-17th January at the University of Southern Queensland Toowoomba. This promises to be a great creative experience where Rikki will share her knowledge and skills.

For further information see: <http://artsworx.com.au/coming-events/the-art-of-scratchboard>

Grim Fairy Tales



by Ruth Henderson

This latest exhibition by Anna Dorrington confirms her interest in exploring and exposing issues about the role of women, female identity and society's expectations of the ideal woman.

In this exhibition, Anna delves into the rich history of folk and fairy tales, exemplified by the Grimm brothers. These tales have, for centuries, codified women's roles. This rich vein of storytelling laid out the rewards for the compliant, good woman, and the

pitfalls for women who buck the system or threaten the status quo. In the fairy tale the good woman gets her prince, while the strong woman gets her comeuppance.

Anna has drawn on the magical and dreamlike qualities of this tradition of storytelling to force the viewer to ask, who were the real heroes and the real villains of the familiar tales?

All "girls" of the 50s and 60s grew up on a diet of such story telling. Anna asks, what were these tales really saying to women? Anna's critique demonstrates her belief that this diet had a strong and profound influence on how women understood their role in society.

Anna helps the viewer realise that, rather than dismiss or discard the old fairy tales, strength lies in reclaiming and reframing them. Anna cleverly demonstrates that what can work against women's liberty can be made to work for their emancipation.

Just like fairy tales, Anna's art offers more than a superficial reading. It has complex layers of meaning, and these layers will reveal themselves to the interested viewer.

The exhibition, at Serpentine Gallery, Lismore, runs until 20th October.

the apple



Local artist, Alana Grant and Brisbane-based artist, Megan Davies are mounting an exhibition later this month humbly titled *the apple*.

Both artists are former art students who have been actively exhibiting for over a decade. They met over eighteen months ago

whilst studying to become art therapists at the Ikon Institute in Brisbane. Through their love of art and shared passions regarding feminism and spirituality, a bond was forged and from this a conversation that is representative in this visual art exhibition.

The apple, as a symbol of mixed interpretation, seemed an apt reference point to further this dialogue.

The Biblical idea of woman as temptress and the apple as the object of temptation is mirrored in the art pieces created by Grant and Davies.

Both artists are challenging socio-cultural stereotypes that pitch Eve and women in general, as the ultimate femme fatale, an archetype that has come to dominate so much of our literature, music, film and art.

Grant and Davies share other appreciations pictorially in this show, namely the pattern formations inherent in sacred geometry, which has been used around the globe for centuries in art and architecture.

For these two artists, by marrying the imagery of sacred geometry with the representation of women and the apple it is their aim to re-envision histories amid the various Western European myths and female archetypes. The core of the exhibition is an investigation of the complex web of ideas that exist regarding the relationships between the apple, women, life and creation.

The exhibition will be showing at the Serpentine Gallery, Lismore, from 22nd October to 3rd November.

Artemis Medicinals

Nimbin Community Centre has new tenants in place of the Optometrist. The room first on the right is now home to Artemis Medicinals.

Certified organic ingredients are locally sourced, formulated and handcrafted in Nimbin, into natural aromatic skincare, perfumes, essential oil blends, medicinal balms, elixirs, serums and more... by local and long-term Naturopath and Astrologer Fiona Maunder.

Come and experience this unique Naturopathic dispensary and retail outlet for all things herbal and more... Anthroposophical internal and external remedies and applications are also available. Consultations with Fiona are on Wednesdays and Thursdays, (some Mondays and Saturdays) and Nimbin Market Sundays, phone 0447-067-159.

Fiona is also the Australian Chapter for Herbalists Without Borders, operating a 'People's Clinic' once a month, and collaborating with members from Blue Knob Farmers Market and



other local Practitioners opening a Herb School, expanding your knowledge on using herbs culinary and medicinally for a range of experiences.

Artemis Medicinals shares the space with Transformational Bodywork – Kahuna and Lomi Lomi Practitioner Tina Featherfoot on Tuesdays: for appointment contact Tina on 0498-092-471; and Tactile Therapies – Remedial Masseur and Aromatherapist Anne Walker on Fridays: for appointment contact Anne on 02 6689-9411 or 0408-490-385.

Please be welcome to come by anytime. To make an appointment, or for more information on Herbalists Without Borders, contact Fiona on 044-067-159.

Planting Perennials for the Planet



Permaculture Principles with Anastasia Guise

The foundation of permaculture is in perennial agriculture – edible landscapes which can be harvested in perpetuity.

A perennial is a plant surviving over many years, and a productive perennial is one in which harvesting the productive part of the plant does not kill the plant or damage future production. Perennial agriculture is key in regenerative agricultural practices, because while being productive these crops simultaneously sequester carbon, regenerate soil and prevent erosion. They do this at their optimum when grown as no-till polycultures, and can approach the carbon-sequestration capacity of natural forests.

There are some perennials which are absolute must-haves in your perennial polyculture, and there are some unusual and exciting species to look out for,

which may soon be coming to a market near you.

Perennial must-haves

Bananas & Plantains (*Musa acuminata* and *M. paradisiaca*). In the right conditions these starchy staples can out-yield any other crop (up to 60 tonnes per hectare). They are the daily staple of hundreds of millions of people. Planted into perennial polycultures these species provide rich mulch, shade and high production.

Coconut (*Cocos nucifera*), while not suited to temperate or sub-tropical regions, is one of the most useful plants in the world. I will never forget the delightful experience of eating a sprouted coconut – the shell was wafer thin like chocolate, the centre, like spun wool, melted in my mouth. The coconut is very high in beneficial fats and tolerates extreme winds and salty water.

White Mulberry (*Morus alba*). I have often wondered why the wallabies vie for fallen mulberry leaves in winter – the leaves contain vitamin C, calcium, iron and potassium. Mulberry can be coppiced frequently, and indeed this is done for silk-worm production and animal fodder commercially in many parts of the world. Fresh leaf yields can be as high as 53 tons per hectare! Dried mulberry fruit also has the potential to appeal

to the modern homo sapiens.

Perennial crops under development

Nypa (*Distichlis palmeri*) is a salt-tolerant grass from North America, once a staple of the peoples of the Sonora deserts. With an apparently excellent flavour, it is picked to become one of the first of the "new" perennial grains in commercial production, comparable to short grain rice in grain size and flavor.

Aerial Potato (*Dioscorea bulbifera*) is a tropical and subtropical supercrop. Some toxic and rampant forms have proved problematic, but selected edible forms have proven less aggressive when trellised in productive polycultures, able to yield up to 19 tons per hectare. Australia has a native aerial potato but its potential in regenerative agriculture remains largely untapped.

Mesquite (*Prosopis spp.*) is a nitrogen-fixing species of desert regions, one of the most popular food and fodder crops in the arid tropics. Interest in the sweet pods is enjoying a renaissance. It is highly productive, tolerant of salt and drought, and has cold forms which, although not as productive, potentially extend its growing distribution.

Pigeon Pea (*Cajanus cajan*) is an extremely versatile legume crop, loved



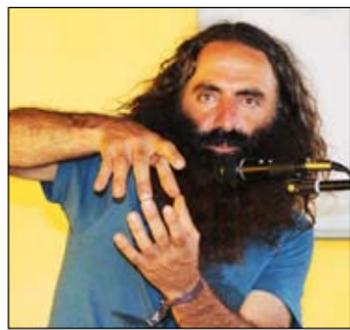
A perennial avenue cropping system, with gliricidia, sesbania and moringa oleifera

by birds and livestock. My first permaculture teacher always made a fantastic pigeon pea dhal for her students. Perennial pigeon pea is used widely in permaculture and agro-forestry but mainstream food production may well benefit from selecting steady perennial forms for commercial markets to utilise its full potential.

Moringa (*Moringa oleifera*) has been a secret of the tropical world for generations. It is a small tree which grows in humid or arid climates, and can be grown in sub-tropical Australia. The leaf is incredibly nutritious, (38% protein) claimed to heal all kinds of ailments, boost nutrition and provide much-needed protein. It has the potential to widely supplement deficient diets, as a fodder tree, or as a green superfood, and can produce 10-50 tons per hectare. There is an Australian supplier which will ship seedlings to your door.

www.communitypermaculture.com.au

Blue Knob Farmer's Market



by Jim Arachne

Wow, wasn't September a busy month? Did you get to meet Costa, (pictured) at the Market or the Nimbin Show?

At the Blue Knob Market, Costa gave us an informative hour of his time with entertaining and inspiring stories related to community-based food production in Australia.

Tumble Falls primary school provided a great display of veggies from their school garden for Costa to enthuse over.

Seed Saving Strategies for Nimbin Bioregion

At Sustainability Alley at the Show, Costa participated in a lively and standing-room-only workshop with Julia DesBrosses on 'Strategies for Seed Saving for the Nimbin Bioregion'.

Some of the strategies and possibilities that were generated by this workshop were:

- make the monthly Nimbin Seed Exchange stall at Blue Knob Farmer's Market more frequent, and start up a stall at Nimbin Farmer's Market,
- would people at the new Co-op be interested in starting a seed group?
- could individual communities set up their own seed exchanges and possibly trade between communities?
- an annual Seed Exchange Fair
- a monthly column in NGT, especially one that mentions which seeds we're looking for
- check out possibilities with schools that have school gardens
- talk with farmers who may have land for lease for seed production. Focus on organic growers.
- talk with gardeners about setting aside an area of garden just for

seed production.

• As well as veggie seeds, think also of seeds for green manure, native Bushfoods, medicinal plants, butterfly attracting plants etc.

The Nimbin Seed Exchange has a stall once a month at the Market. Please come and talk to us if you can contribute to any of these possibilities. Also, of course, bring in seeds you have to donate or swap!

To find out what we're up to, check out or join our Facebook page.

A Talk at the Market

11th October, 10am. The Next Wave in Bushfoods – Peter Hardwick

Peter Hardwick is a well-known pioneer and visionary in the development of bushfoods in Australia. The recognition of sub-tropical bushfoods, such as Davidson Plum, Dorrigo Pepper, Lemon Myrtle and Ribberries is due largely to his initial work in the 1980's.

However, that was 30 years ago and Peter has been developing and discovering lots of potential new plants and flavours. What about pickled Moreton Bay Fig shoots, Brush Cherry leaves or de-bittered Mangrove seeds? These are not immediately edible, but need some processing.

To get an idea of the potential here, think of the familiar olive. If you picked it unripe off the tree you'd spit it out in disgust. However, after processing (especially de-bittering), it transforms into a yearly global demand for olives of at least twenty million tons! There are around ten million hectares planted with olive trees throughout the world, which is more than twice the amount of land devoted to our favourites like apples, bananas or mangoes.

What are we overlooking that is all around us? Could plants like these change the whole bush food scene? The more well-known bush foods, like Davidson Plum, are also still undersupplied, with demand still outstripping production. Peter thinks new and familiar bush foods could be a big alternative industry for the Northern Rivers. So come along for his talk on plants you've never heard of, and wild flavours your tongue hasn't imagined!

Detox and Spring into life

by Leannrah

By the end of Winter our cells, connective tissues and organs are ready to let go and clear the way for the energy of new life to Spring forth. You may be feeling clogged up and sluggish, or drained with no energy to invest into the Spring season.

If our cells are dirty, it is likely that the lack of life flow in and out is also polluting the connective tissues. And similarly, organs and body systems are also polluted and may be in suboptimal function or even malfunction.

Unexplained or untreatable illnesses may be rectified with a tailor made detoxification program: allergies, memory and concentration problems, strange pains, lack of energy, perpetual infections, intestinal parasites, strange rashes and growths, liverish moods, unusual aging of tissues, chronic smoking and drug use, learning disabilities and sexual dysfunction. Detoxification is not recommended for those with epilepsy, liver and kidney disease, or other serious and medicated conditions, without medical supervision.

It is an important part of detoxification to improve liver function. Our modern environment seriously overloads our liver resulting



in increased levels of circulatory toxins in the blood, which damage most of our body systems. Proper functioning of the liver's detoxification systems is especially important for the prevention of cancer.

The liver clears the toxin from the blood before it is allowed to re-enter the general circulation through

two steps:

Phase I Cytochrome P450 enzyme system for chemical modification, and conjugation by Phase II enzyme systems to be made water soluble for urinary excretion. Nutrients are necessary for these steps to run smoothly including: amino acid compounds (e.g. Glutathione, NAC, SAME, etc), minerals, vitamins, soluble fibres, phytochemicals and water.

Common sources of toxins are from: industry, pesticides and insecticides, laboratory chemicals, cooking utensils, solder in tin cans, cigarette smoke, dental fillings, contaminated fish, cosmetics, plumbing and water tanks, antacids, food containers and cookware.

Heavy metals tend to accumulate within the brain, kidneys, and immune system, where they can severely disrupt normal function. Early symptoms of heavy-metal

poisoning include: headache, fatigue, muscle pains, indigestion, tremors, constipation, anaemia, pallor, dizziness, poor co-ordination, and impaired ability to think and concentrate. As toxicity increases so do the symptoms.

The art of detoxification is necessary for health and vitality as a matter of course. Naturopathic treatment is holistic and involves not just physical detoxification but the arational treatment of the person, not the disease. The person is seen as a spiritual, feeling and thinking being contained in a soul and physical body. The health and vitality of that individual is dependent on the life energy flowing through all visible and invisible parts, delivering the specific nutrients to be utilised by the body.

Hair mineral analysis is a good screening test for heavy-metal toxicity if you want to be sure. However, symptoms and signs can indicate specific heavy metal toxicities. For determining exposure to toxic chemicals, a detailed medical history by a Naturopath or physician experienced in these matters is essential.

Leannrah the Naturopath is available for appointment through Nimbin Apothecary, Cullen Street, on Saturdays. She also practises from the country in Wiangaree at The Turquoise House, being available for appointment all other days. Wiangaree is a 10 minute drive north of Kyogle, where you'll find a medicine garden, colour healing studio, and a well-stocked natural medicines dispensary. Phone 0439-198-977.

Natural Law

by Helene Collard

Wherever you are in the world, cosmic energy through October is supporting us to have an active month.

Last month called for us to identify and embrace our passion, and so October supports that by beginning with a 'storm'. This strong energy will help to 'blow' away unwanted things in our lives to create space for the new – so expect a level of change and disruption.

October offers us a chance to incorporate a new interest in our lives. This addition is significant and has the potential to surprise those close to us. In fact, your new thing may create a chance to be of greater service to your loved ones and/or community – go for it.

It is important to re-create ourselves on micro and macro levels throughout life, it keeps our body, mind and spirit stimulated, and helps us to grow. Follow the flow, the air is right for conceiving a new aspect of you.

During the second half of October it is important to keep the 'big picture' in mind, as our perspective on something may be challenged. At best, we will incorporate others' perceptions to

broaden our understanding, release judgments, and enhance our connections with others.

At worst, we will reject the information coming our way and remain fixed in our perspective, which will create isolation and separation. All we have is our view of the way things are, so enrich your life and invite others to share how they see things. No expectations on either side of course, just listening, respecting and discovering about each other.

Sometimes people add to (rather than replace) our understanding on something, so don't fear seeking other views, you may just discover a hidden gem that becomes the key to something great.

Connect deeply with your wisdom, you were born with this knowledge, it resides within you (rather than in books). It is important to share your wisdom, however timing is the key! This month we are supported to perfect our timing, sensing when to wait or when to act, when to be gentle or when to be firm – so tune in!

So in October step out of the box and try something new. Also, listen to perspectives different to your own – you



"I am self-sovereign, as are you. I acknowledge the ancestors, mine and yours, past and present. You are all my relations. All is One."

may just learn something.

Helene Collard has a Bachelor of Trauma & Healing (SCU). Through workshops and presentations she supports human services organisations and employees, in the area of Secondary Trauma and Self-care. Helene is also a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore.

Helpless!

Mookxamitosis

by Brendan (Mookx) Hanley

I copped a bit of angst one evening at the Bentley Blockade Camp from a blackfella (Ab)Original bloke about the awful trip that has been laid on his mob by people who look like me... well my skin colour anyway!

I had to agree with him. However I felt it necessary to tell him a bit about my Irish ancestors and the rough deal they had to put up with...

to add a bit of perspective. Like his mob, my mob were invaded by armed British troops too. Furthermore, my mob also had only pikes (spears) with which to defend themselves... same thing exactly. Their villages were smashed with cannon-fire, their homes and crops destroyed, along with the usual countless rape, pillage, massacres and murders. Sound familiar?

Then lots of them were shipped to New South Wales or Tassie as convicts in chains, thoroughly abused and tied to a triangle and lashed for any perceived deviation from what was considered allowable conduct.

The British kept exporting crop food from Ireland during a dreadful famine that starved untold numbers to death and also caused a mass migration to places like Australia and America in overcrowded boats across treacherous oceans. Many didn't make it.

Watching from the sidelines, local Originals would see the cruel treatment dealt out to the convicts and famine refugees and realise that the uniformed

troops and jailors and their gentrified overlords were in fact the enemy, and these other poor buggers were obviously okay! When an Irish convict would make a bolt for freedom, instead of perishing in the "hostile" Aussie terrain, many were taken in by local tribes and harboured as quasi tribal members. The offspring of Irish/Original unions were known as "Shamrock Aborigines".

However, despite our similar backgrounds I still had to agree that even now, my white skin put me way ahead of my angry black Bentley brother in terms of social privilege, opportunity and lifestyle. The injustices to First Nation People keep bowling along today just like they always have done, here in Oz and all over the planet. "Sorry!" my arse! Until black people are treated equally, there is an imperative for deep societal change. And the same goes for yellow, brown and red people too. Muslims as well as Jews. Boat people and other refugees particularly... fleeing from persecution, horror and death... just like our mob did... and the first Australians are still doing. When it comes to race we need to be colour blind!

And then there's Gaza, Syria, Iraq, the Ukraine, Papua, Sri Lanka, Tibet, many African states... the list goes on! The USA is currently bombing seven different nations, people are shooting and torturing and blowing each other up everywhere... all sides being supplied with weapons of destruction by the same



corporations.

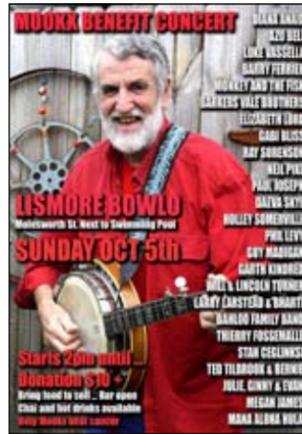
The "War on Terror" is flung at us by blackmailed and purchased politicians and backed up by gutless, gutter media to keep people afraid and bolster the oppressive status quo. All this to create diversionary channels down which to funnel trillions of dollars stolen from the welfare entitlements of the aged and the young, the sick and the needy... and paid to those very same arms corporations.

Is there any wonder we find ourselves feeling helpless?

In the face of mandatory injections for managed and patented diseases like Ebola and the new flus, compulsory RFID chips inserted into our bodies, fluoridated water, chemical geo-engineering, government control of free speech and the right to assemble, crooked media, Police brutality and the ongoing war on women... our helplessness reaches new heights... or perhaps new depths of despair. If you let yourself think too much about things like Gaza or Papua, pollution, poverty, CSG or Fukushima, you can drown in a sea of helplessness that overwhelms everything, even the consciousness or compassion that took you there in the first place.

So what to do?

I remember back in the post-Kuranda-commune days when I got my first look at the Bhagavad Gita, there was a full colour plate of Krishna and one of his sidekicks flying on a magic carpet over horrific scenes of battle, torture, pain and



suffering. Krishna is his usual little bubbly blue self, playing his flute and chortling away happily as if nothing was happening down there.

His perplexed mate turns to him and says something like, "How the hell can you be so goddammed happy with all this shit going on down below us? Have you no heart?"

Krishna replies without losing a beat... "It's not my karma now to be in that situation... I have passed that point in my evolution.

Now, I give thanks that it's not me being stomped on by an elephant or having my gonads grilled on the barby! I have compassion for all those suffering hordes down there, but say Thank God it isn't me!

If you want to get beyond helpless now and then, maybe give it a try!

Crossword Solution

From Page 26



Mr BOBCAT
6689 0044
0427 946 823

• 4-in-1 bucket • trencher • auger • 4 tonne tipper

• NOW WITH EXCAVATOR •

Terry Bressington

PLASTERIN' NIMBIN'

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Ringtails rescued



During September, three baby Ringtail possums were rescued from the Byron Arts Factory. Some visitors from Europe were sitting in the shade of trees near reception when they heard a shriek.

They looked up to see a large python wrap itself around an adult possum. Almost immediately, three little furry balls dropped to the ground. The visitors gathered up the little ones and asked reception to ring WIRES.

WIRES hotline advised them to put the babies asap into a box with some towels or a blanket and keep them somewhere warm and quiet. This greatly reduces the stress of an orphaned or injured animal. The less human handling the better. Frightened animals tend to be as quiet as possible to avoid alerting predators and will rarely exhibit symptoms of pain. The reality is that a human is perceived as a serious threat: the fear of

being eaten is the animal's biggest concern.

The WIRES rescuer soon arrived with a rescue basket, prepared with a woollen pouch for the occasion, and thanked the three young men for their quick action. They literally saved the lives of the young possums.

The little ones have been in care for just over two weeks now and are all doing very well. The carer advises there are two males and one female who have all settled into their feeding routine. They get fed special possum milk four times per day and are housed in their own little dray (nest) cage filled with native foliage to enable them to browse (nibble) through the night. They will be in care for approximately three months when they will be old enough to be released into the wild.

Always remember, if you find a baby ringtail possum on the ground, look for others, as the female ringtail possum often has three babies, and always has at least two.

An all-volunteer organisation, WIRES relies heavily on the generosity of caring people for support as we are a charity, not a government service. We have training courses three times during the year. If you are interested, call the 24-hour hotline on 6628-1898 or go to: <http://wiresnr.org/Helping.html> to find out how you can help.

All donations are welcome; \$2 and over are tax deductible.

Tick time

Paralysis Tick



Brown Dog Tick



Bush Tick



Ticks are arthropods. They have a life cycle consisting of eggs – feed – larva (6 legs) – feed – nymph (8 legs) – feed – adult (8 legs) – feed – lay thousands of eggs and die. The male tick feeds on the female while they copulate, so are less likely to feed on hosts.

Ticks are blood-sucking parasites. They can feed on mammals, birds and reptiles. They transmit *Borrelia*, *Ehrlichia*, *Babesia*, *Rickettsia*, *Bartonella* and other infections of unknown cause/origin.

Tick-borne diseases tend to share certain symptoms, such as fever, headache, muscle or joint pain, and extreme fatigue. If left untreated, the infection can spread and cause rashes in other parts of the body, as well as

nerve problems, arthritis, or other disorders.

Help keep ticks off your skin by wearing long sleeves, long pants and long socks, and if possible avoid overhanging trees. You can also use an insect repellent that contains at least 20% DEET (for skin) or permethrin (for clothes).

If you've been in an area where ticks are common, bathe or shower as soon as possible, checking your body carefully for ticks, and wash your clothes on high heat.

Ticks burrow into the skin before they bite and feed. Removing them right away can work, but once they have bitten, it is better to kill them in-situ with a dab of insect repellent or similar. If you develop a rash or fever from a tick, get medical attention urgently.

Plant of the month

Waratah *Eloea speciosissima*

by Richard Burer

This erect shrub with magnificent flowers has been long valued for its beauty.

Its stunning red flower has particular strong cultural connections to Aboriginal people with stories of its Origin well documented.

Whilst the Waratah isn't native to this area, it can be found reasonably close, in the Gibraltar Range on the tablelands. The Waratah grows particularly well in this area, with specimens growing on red volcanic soils.



Koala Kolumn



by Lorraine Vass

Windbreaks are part and parcel of the Northern Rivers' agricultural landscape. Over the past 30 to 40 years the windbreaks associated with macadamia orchards have become extremely important to the region's koalas.

Commercial macadamia production in Australia started in the Northern Rivers and with nearly 500 growers, around 2.3 million trees and some 50% of total production it remains the industry's home. Driving around parts of the Lismore, Ballina and to a lesser extent Byron local government areas, manicured lines of macadamia trees stretch as far as the eye can see.

The windbreaks which were planted to protect the young macadamia trees all those years ago included species preferred by koalas such as Tallowwoods (*E. microcorys*), Forest Red Gums (*E. tereticornis*) and Flooded Gum (*E. grandis*). Thus many of the windbreaks (in Ballina Shire, half of all planted windbreaks are dominated by koala food trees) which characteristically enclose macadamia orchards have become the home-ranges of small permanent koala colonies as well as providing the means for transient animals to traverse a largely agricultural landscape.

The macadamia trees so close to koalas' food source have also become an important factor in local koala ecology. Their low forks and heavy foliage provide safety and shade in windy conditions and during hot spells; just the place for mother to rest up while her youngster works on its climbing skills.

But the planted windbreaks, which have given rise to a trend of "incremental range-expansion" across significant areas of the Northern Rivers over the last six koala generations, are totally lacking legislative protection. Many macadamia growers enjoy having koalas around and are prepared to manage their orchards in a koala-friendly manner. Some, particularly the large operators, are driven by other priorities and are within the law to remove the windbreaks subject to koala welfare considerations, i.e. a tree cannot be removed while it is actually occupied by a koala.



Coconut and her male joey Ice, released at Clunes in early September. Admitted in mid-June, Coconut was treated for conjunctivitis. We wish them well.

Every year Friends of the Koala is notified of windbreaks deemed to have outlived their usefulness being taken out. Just in the past few weeks we have become aware of a contractor who will pay growers to remove large Tallowwood windbreaks and to take them away without cost for milling as railway sleepers.

It's not our business to stop orchard managers from implementing what they consider to be necessary farm management activities. Our desire is that koala survival is factored in by at least leaving a few patches for the animals and perhaps enhancing potential habitat in the gullies and other areas which don't lend themselves to macadamia cultivation.

Survival is used advisedly. The significance of windbreak vegetation to the longer-term conservation, security and well-being of the region's koala populations is becoming better understood in the light of current habitat studies and work on koala genetics.

In Ballina Shire, for example, perhaps as much as a third

of the Shire's koalas are dependent on windbreak vegetation. In Lismore, two significantly differentiated koala gene pools are present in the population. One population, typified by a relatively low number of alleles and lower heterozygosity occurs in the Lismore-Goonellabah-southeast area. The other, more genetically diverse population with strong affinities in southeast Queensland is found in the northeast.

The planted windbreaks appear to be assisting these koalas to move southwards so that the genes of the two populations have recently started to merge. If the northern population is the fitter, then over time the health of the Lismore-Goonellabah cohort might also be expected to improve resulting in lower levels of disease and increased reproductive output.

In our view the continuing loss of windbreaks in the context of localised, patchy koala population distribution and the extremely linear (i.e. rows of single trees) habitat available in this agricultural landscape, could very well result in a reduction in the koala habitat occupancy rate at a scale that is of relevance for Federal listing purposes. Being realists though, we acknowledge the very slim likelihood of legislative recognition.

Over the years Friends of the Koala has developed a cordial working relationship with industry through the Australian Macadamia Society and with many individual growers. This experience suggests that education and incentives are extremely important if the windbreaks are to continue their role in koala conservation.

In the long run, programs like Lismore's Rural Landholder Initiative which aims to develop and maintain a sustainable environment through genuine partnerships with rural land managers and others may well prove to be the better means for achieving their protection.

By the way, the Great Koala Count is due to return in November (7-17), spreading its wings to include Queensland, Victoria, South Australia as well as NSW. To register go to: www.koalacount.org.au

Until next time, happy koala spotting.

To report a koala in trouble, or to register a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: 6622-1233.

To report environmental incidents, including removal of koala habitat, ring the 24/7 Office of Environment and Heritage Enviro Line: 131-555.

For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233.

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Time to get serious – a review of weed management in NSW

by Triny Roe

A review of weed management in NSW

Weeds cost 1.8 billion dollars in NSW each year, not counting the social and environmental impact. Most of the monetary cost is borne by farmers, adding to production costs and the price of food.

Weeds also threaten a significant number of endangered species and ecological communities across the state. More and more species become naturalised in NSW each year. The North Coast region, the state's most biologically diverse, had 51 new introduced species recorded over the last four years.

Widespread community concern over the impact of weeds led to the Natural Resources Commission undertaking an independent evaluation of statewide weed management. The NRC conducted interviews and considered submissions from a range of stakeholders including Local Control Areas, Local Land Services, farmers, environmental groups and community members.

Overall the review revealed that ineffective regulation, planning, funding, implementation, enforcement and accountability has led to a variable effectiveness of weed management across the state. Weed distribution mapping is also

not consistent, so it is hard to properly evaluate the situation. Weed densities and ranges, which often span more than one LLS or LCA, cannot be fully assessed.

The NRC report made recommendations which focussed on avoiding "future costs by improving prevention, early detection and rapid response, while ensuring consistent compliance across tenures and rebuilding seriously eroded research and development capacity."

The response by government was on the whole favourable, with a number of key recommendations being accepted and related reforms already underway. The introduction of the NSW Biosecurity Strategy and the recent establishment of Local Land Services will complement these efforts.

Recommendations of the Review generally supported included the promotion of shared responsibility for weed management across the whole community, ensuring consistent and co-ordinated regional planning and local delivery, support for research and development and the ensuring of effective implementation of reforms.

The provision of consistent and transparent state level leadership and accountability was mostly supported. The establishment of a statutory weed committee was viewed as unnecessary, as being inflexible and creating red



Alligator weed

tape. A state committee modelled on the Bush Fire Coordinating Committee will be established.

Not all aspects of recommendation 4: improve prevention measure and response to incursions, were fully supported. The establishment of a reserve fund for urgent response and enforceable weed eradication plans were supported in principle. Instead of developing a list of species permitted for sale, the government proposes the Biosecurity Bill, which will list prohibited plants and materials.

Once every five year inspection of all properties over one hectare and weed status certificates were not supported as they would be simply a snapshot and accurate only at time of inspection. Inspections instead should prioritise high risk situations.

People buying hay can ask for a vendor declaration. Registration of nurseries

under the Biosecurity Bill is being considered with industry bodies. The proposed Biosecurity Bill also includes a general biosecurity obligation to avoid spreading weeds.

It's a given – weeds are here to stay. 'Weeds' describes a diverse range of plants. Some have benefit and/or serious impact. Naturalised species are widespread. Total eradication of these is not feasible, though containment is. New infestations can be nipped in the bud before they spread further afield.

Humans have managed and altered landscapes and their environments since time immemorial. It is a good thing to address your weeds. By all means, use them – eat, slash, mulch, make teas, tinctures or poultices, as appropriate, and weave baskets. Prevent further introductions and spread of invasive species. Detect new incursions and deal with them rapidly to forestall long-term problems.

Naturalising Reciprocation

by Geoff Dawe

The exceptional growth of the pre-frontal cortex, the major change by which humans particularly distinguish themselves from the other animals, is a relatively recent event.

The pre-frontal cortex enabled unusual recognition for an animal that there will be a future and that there had been a past. With this ability, humans were able to build factories and make chainsaws.

However, the glitter and gloss of beckoning technologies precluded a full examination of the potential long-term degradation that is the side-effect of technologies. In fact there is a *prima facie* case (where it needs to be disproved) that all technologies create more long-term harmful effects than there are short-term benefits.

The major proof that technologies always have harmful effects uppermost is that an environment crisis exists. That is, if technologies had greater benefits than the degradation of their long-term side effects, then technologies would have been created to overcome the damage from previous technologies.

Coming to terms with post-industrialism, which appears to be the only means for countering technology's long-term harmful effects, is currently cause for procrastination. Fingers are often pointed in other directions as

to what the hold-up to sustainability is. Supposed free energy for example, hasn't seen the light of day because it is said the fossil fuel lobby is in command. Renewable energy is also anxiously awaited, despite the fact that its best possible outcome could only be to cure the problem with excess greenhouse gases. It cannot hope to solve the problems of soil and water that with excess greenhouse gases comprise an environment crisis.

It is quite natural for humans in this time of the early stage of humanness, to become mesmerised by the comfort promised by technologies. Cows find the warmest spot in the paddock to camp on cold winter's nights, despite their ability to be able to live contentedly with frost on their backs. The domestic cat hogs the radiator in winter. Why wouldn't humans attempt to make their lives physically comfortable with what they could invent?

The short answer is that they would and have. The long answer is, that because they have a pre-frontal cortex that gives them a long-term view that enables them to make say, chainsaws, they need to use this same long-term ability to fully understand each technology's long-term harmful effects. In so doing they would notice that there is no long-term comfort for humans (and the world in general) with unremitting technology use.

The materialist standard of living experienced by Western people and increasingly by the other people of the world, is unambiguously based in exploitation. Taken to its furthest extent, rationality suggests, the only result can be a dead planet. There is therefore no need for further debate about whether excess carbon emissions are antropogenically caused or not. One needs only to be capable of rationality to understand that excess resource-use; excessive use of technologies, leads to a situation of human (and worldly) discomfort.

The alternative to an exploitative economic system is one based in reciprocation. In this there is no consideration of profit. One does not expect to gain anything. One instead has the basic economic needs of food, shelter and clothing met.

Beyond these economic needs that are of the physical, and of no lesser need, lies the more nebulous human necessity for sociability. The period of civilisation has been witness to the relentless destruction of civilised human sociability.

Extreme sociability, arguably, may be the reason why a primate became human in the first place. It may also be the "tool" by which humans transcend this dilemma of arriving in cyclical fashion at the edge of the "Stone Age" once again.

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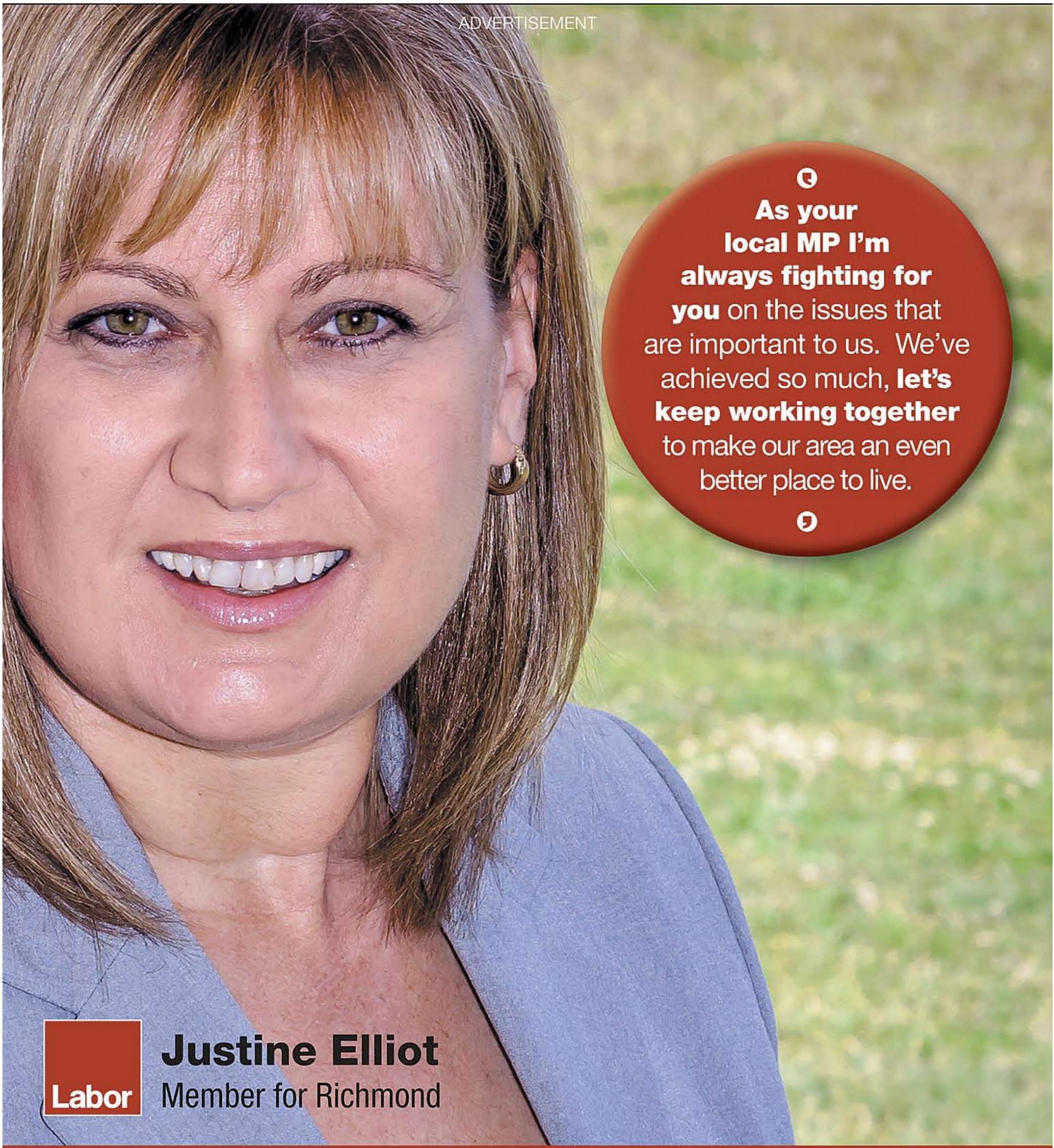
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Authorised by Justine Elliot 107 Minjungbal Drive Tweed Heads South

Canoeing the Noosa River



by Paul O'Reilly

In September, Class 4/5 students from Rainbow Ridge Steiner School set out on their annual camp to Cooloola National Park.

Here, the Noosa River gently meanders its way south, behind the sand dunes

of Rainbow Beach. The lakes and estuaries it forms along its way offered the perfect venue for the class to extend their outdoor skills through the experience of a multi-night canoe journey in a beautiful wilderness setting.

The class rose to the challenge of a journey

focused camping experience. This trip was a huge step from our previous base camping we had done. The group would carry all it needed for four days in our canoes including water, gone were the luxuries of pillows and swags.

The children participated

in the daily rhythms of living in the bush. We would wake at dawn, eat our porridge, pack up our camp and load the boats.

During the day students learnt to work in small teams, using a combination of sweep, draw and j strokes to master the art of paddling a Canadian canoe.

Each evening the class would set up our home for the night, pitching tents and eating from our camp kitchen.

My favorite moments were watching the children quietly experience the sunrise on the lakes. I am so happy that children from our area grow up feeling so comfy in the bush and have a real love for the beauty in nature.

I hope this stays with them, and fosters a love for the environment in the future.



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Nimbin Early Learning Centre Renovations fast approaching

The Nimbin Early Learning Centre will be closed from Tuesday 7th until Friday 24th October, reopening on Monday 27th.

The centre is having a huge renovation with new tuft and bike track, extended covered verandah, all new children's bathroom, new kitchen, new craft area, new carpet and vinyl, new security fence, air conditioning throughout the centre and lots more.

We apologise for any inconvenience this will cause, however we are looking forward to opening our fresh new Centre, and invite families to come along and have a look.

There are still positions available, so please phone Elissa on 6689-0142.



Nimbin Open Learning Centre

New Term starts this month

Check Course Programme for details



Mia, Arabella and Luano create new designs from Hundertwasser inspiration.

Re-interpreting Hundertwasser

by Diane Wilder

The artwork of Austrian Artist, the late Freidensreich Hundertwasser has been a source of intrigue and inspiration for many children at Nimbin Preschool for the past year.

This inspiration has allowed these children to look at Hundertwasser's paintings and architecture in a way that enables them to see his work through a different lens.

Luano, Mia and Arabella are three of these children who have re-interpreted Hundertwasser's works using drawing, painting and building design as architecture.

Their re-interpretations have centred around looking at the designs by Hundertwasser and re-conceptualising these into images that build upon such designs.

As a result, the children's images are evocative of thinking, creative minds where anything is possible.

Parenting support group



A new monthly parenting support group for any parent or carer is being started at Family Support Network, 143 Laurel Avenue, Lismore.

The group will discuss the joys and challenges of parenting, share ideas, make connections with other parents for support, discuss ideas for future sessions and learn about self care and resources in the community.

The first session is on Tuesday 14th October, from 10am to 12pm. There is no cost, and morning tea is provided. Bookings are essential. Please phone 6621-2489 for more information or to book a place.

If you need childcare while the group is on, please phone The Gingerbread House on 6622-1130.

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Great Fete

The colourful flags lined the entrance, the sun crept through the clouds, scented spring flowers brightened the school garden and the songs from the musical parents filled the air at the annual Tuntable Falls Community School Fete.

The children in the kindergarten and lower primary class beautified the classrooms and garden in the lead-up to the fete. It looked like a little slice of learning paradise on the day.

The upper primary class prepared for their seedling stall, as well as designing and creating adorable terrariums, and almost every attendee departed with one in their

hands and a smile on their painted face.

The decadent range of cakes, biscuits, fudge, jams, scones all lived up to the the expectations of the eager guests, and the coffee machine was a sure favourite as droplets of rain hit the treetops in the mid-afternoon. The rain didn't deter the young and young at heart guests from slipping, splashing and sliding down the ever-popular slippery slide with wide eyes and screams of joy.

The School would like to thank the amazing support and the generous donations from the community who were a huge part of the day's success.



What to plant this month

Vegies: egg plant, beans, beetroot, capsicum, carrot, celery, corn, cucumber, lettuce, melon, parsnip,

radish, silverbeet, tomato, zucchini.

Flowers: alyssum, balsam, calendula, californian poppy, impatiens.

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